insight BY OAKLAWN

COORDINATED SPECIALTY CARE FOR PEOPLE EXPERIENCING FIRST-EPISODE PSYCHOSIS

Insight is dedicated to supporting young people during early symptoms of psychosis. In this recovery-oriented treatment program, you'll learn about symptoms of psychosis and the illnesses that cause them, work with peers who are in recovery from psychosis and receive support for meeting your education and employment goals. With therapy, case management and low doses of antipsychotic medications, you'll have the best tools to support recovery and long-term health. Through early intervention, we want to help you stay connected with your community, succeed at work and school and maintain strong relationships with family and friends.

Your Insight Team

Psychiatrist/Nurse Practitioner
Helps determine your diagnosis and manage it with medication.

Therapist
Provides individual, family and group therapy to help you manage symptoms, develop coping strategies, and improve your overall mental health and well-being.

Case Manager/Skills Trainer
Coordinates and oversees your personalized care plan, ensuring you receive the services and support you need. They can also help you develop essential life skills.

Supportive Employment and Education Specialist (SEES)
They help you reach your education and career goals through individualized support and resources.

Is Insight right for you?

Age 14-30 years old

Symptoms began in the past five years

IQ 70+

Diagnosis of **schizophrenia** or a related disorder, such as:

- Schizophreniform
- Schizoaffective
- Unspecified/Other Psychosis
- Brief Psychotic Disorder
- Delusion Disorder

Psychosis is not caused by substances or primarily by a personality disorder.

Questions? Contact Sydney Wagner Schmidt, LCSW, CSAYC at 574-283-1234 ext. 4178 or sydney.wagner@oaklawn.org